

consisting of pharmaceuticals, drugs, foods, and dietary supplements.

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41. The method of Claim ³37 wherein said material is selected from the group consisting of pharmaceuticals, drugs, foods, and dietary supplements.

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42. The method of Claim ⁵39 wherein said material is selected from the group consisting of pharmaceuticals, drugs, foods, and dietary supplements.

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43. A method of determine determining the effect on the viscosity of the circulating blood of a living being resulting from a factor to which the human being has been exposed, said factor being selected from the group of one or more conditions, activities, lifestyles of the being and/or one or more material introduced into the body of the being, comprising the step of selecting a living being having been exposed to said factor, and utilizing a viscosity measuring instrument to measure the viscosity of the being's circulating blood after said being has been exposed to said factor to determine the likely effect of said factor thereon.

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44. The method of Claim ⁹43 wherein said factor comprises introducing a material into the body of the being in order to determine the effect of said material on the being's circulating blood viscosity.

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45. The method of Claim ¹⁰44 wherein said material is selected from the group consisting of pharmaceuticals, drugs, foods, and dietary supplements.

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46. The method of Claim ¹¹45 wherein said being is a human.

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47. The method of Claim ⁹43 wherein said factor comprises a condition.

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48. The method of Claim ¹³47 wherein said condition is selected from the group consisting of obesity, fatigue, physical fitness, cardiovascular fitness, breathing ability, relaxation, and mental state.